Legend

- **Arterial :** (Roadways with high traffic volumes)
- **Major Arterials :** (High traffic volumes and high speeds)
- **One - Way Streets**
- **Steep Grades (arrow points Downhill)**
  One arrow 5%-10% Two arrows 10%+
- **Paved Multi - Use Trails in Parkland**
- **Unpaved Multi - Use Trails**
  (Cycling permitted ONLY on paved or designated unpaved multi-use trails)
- **Service Roads**
- **Bus Lanes** (24 hours)
- **Bus Lanes** (Peak hours only)
- **Bus Lanes - bicycles permitted**
- **Pedestrian Overpasses**
- **Transit Centres With Bicycle Racks**
- **LRT Transit Stations**
- **Local Police Stations**
  (In case of emermency call 911)

Scale 1 : 30 000

km 1 0.5 0 1 2 km
miles 1 0.5 0 1 miles

Points of Interest

- City Hall — #1 Sir Winston Churchill - 8G
- Commonwealth Stadium Sports and Fitness Centre — Stadium Road - 110 Avenue - 8F
- Edmonton Art Gallery — #2 Sir Winston Churchill - 8G
- Edmonton Convention Centre — 97 Street - Jasper Avenue - 8G
- Edmonton Youth Hostel — 104 Avenue - 91 Street - 8G
- West Edmonton Mall — 170 Street - 87 Avenue - 2I
- Fort Edmonton Park — Fox Drive - Whitemud Drive - 4J
- Telus Field - Baseball Park — 103 Street - 96 Avenue - 7H
- John Janzen Nature Centre — Fort Edmonton Park - 4J
- John Walter Museum — Kinsmen Park - 7H
- Legislative Building — 108 Street - 97 Avenue - 7H
- Muttart Conservatory — 96 Street - 98 Avenue - 8H
- Edmonton Coliseum — 73 Street - 118 Avenue - 9F
- Provincial Museum — 128 Street - 102 Avenue - 5G
- River Valley Outdoor Centre — 97 Avenue - 102 Street - 7H
- Rutherford House Museum — 111 Sreet - Saskatchewan Drive - 6H
- Space Sciences Centre — 142 Street - 111 Avenue - 5F
- Valley Zoo — 134 Street - Buena Vista Road - 5J
- Whitemud Equine Centre — 12505 Keillor Road - 5J
- ★ River Valley Bike Festival Sept 20/21 1997

Leisure Centres

- Argyll Velodrome — 88 Street - 68 Avenue - 9J
- Bonnie Doon Leisure Centre — 82 Street - 90 Avenue - 9I
- Borden Park Pool (Outdoor) — 74 Street - 112 Avenue - 9F
- Confederation Leisure Centre — 112 Street - 43 Avenue - 6L
- Coronation Leisure Centre — 138 Street - 111 Avenue - 5F
- Eastglen Leisure Centre — 114 Avenue - 68 Street - 9F
- Fred Broadstock Pool (Outdoor) — 158 Street - 105A Avenue - 3G
- Grand Trunk Leisure Centre — 130 Avenue - 112 Street - 7D
- Hardisty Leisure Centre — 105 Avenue - 65 Street -10G
- Jasper Place Leisure Centre — 92 Avenue - 163 Street - 3H
- Kinsmen Sports Centre — 106 Sreet - Walterdale Hill - 7H
- Londonderry Leisure Centre — 145 Avenue - 66 Street - 9C
- Mill Creek Pool (Outdoor) — 95 Street - 82 Avenue - 8I
- Mill Woods Recreation Centre — 72 Street - 28 Avenue - 10M
- O'Leary Leisure Centre — 88 Street - 132 Avenue - 8D
- Oliver Pool (Outdoor) — 119 Street - 103 Avenue - 6G
- Queen Elizabeth Pool (Outdoor) — 106 Street - 89 Avenue - 7I
- Rundle Park Recreation Centre — 29 Street - 113 Avenue - 12G
- Strathcona Leisure Centre — 104 Street - 72 Avenue - 7J

1 — your downtown bike specialist! ★ Sales ★ Repairs ★ Service ★ Rentals 447-5656 Kokopelli Cyclery 11205 Jasper Avenue, Edmonton

3 — RENTALS RIVER VALLEY CYCLE SERVICE "YOUR MOUNTAIN BIKE SPECIALISTS" 9124 - 82 (WHYTE) AVENUE 465-3863 "LOCATED IN MILL CREEK" CLOSEST TO RIVER VALLEY TRAILS TATONKA

5 — UNITED Cycle SOURCE FOR SPORTS Your Bicycle and Inline Specialists RIDE SAFE Our 100% commitment to safety guarantees that all helmets are minimum 25% OFF all year. SKATE SAFE Bring your inline skates in for a FREE 10 pt. safety check anytime. Proud Partners of River Valley Parks 10323 - 78 Ave Edmonton, AB T6E 1N8 Ph:433-1181

6 7 — The finest selection of bicycles, parts, and accessories in Alberta. Lifetime Free Service on all new bikes. GEORGES 2 Locations Southside 10752 - 82 Avenue 433-7390 Northside 9340 - 118 Avenue 474-2421

8 — PEDALHEAD BICYCLE WORKS 8411 - 109 Street (Close to U. of A.) 433-2085

get in-line.... skate smart — WEAR THE GEAR · GET TRAINED · LET'S BE HEARD · SAFE KIDS, CHILDREN'S HEALTH CENTRE · ALBERTA COMMUNITY DEVELOPMENT · SOURCE FOR SPORTS

2 — 15109 STONY PLAIN RD. 2 Blocks west of McKinnon Ravine Bike Trails LIFETIME FREE SERVICE WITH ALL NEW BIKES SALES • SERVICE REPAIRS 486-3634 REVOLUTION CYCLE

4 — Sports Excellence BELVEDERE CYCLE & SPORTS 478-1838 Bicycle Sales and Service for 20 years 13016 - 82nd Street Edmonton, Alberta T5E 2T5

9 — RIVER VALLEY CENTRE Your bike headquarters for information, fun, and adventure in North America's longest stretch of urban parkland! 496-PARK (7275) Visit us at 10125-97 Avenue, north of Telus Ball Park

Do Old Strathcona OSBA from dawn until dusk

SHARE THE TRAILS — CODE OF CONDUCT

Bicycles are fun, relatively inexpensive and non-polluting. They provide riders a sense of freedom. The City of Edmonton has 36 km of the finest multi-use trails where bicycles may be enjoyed. These trails are meant to be shared with all park users. Inappropriate use may cause resentment of cyclists by other park users.

GENERAL
Keep Right
All users must keep right except when passing or turning left. Move off trail to right when stopping.

Stay Alert
Control speed based on activity, ability, terrain, visibility and traffic. Use caution in blind corners, poor weather conditions, and on unfamiliar trails.

Be Visible
Ensure your visibility during daytime and nighttime use.

Preserve
Avoid fragile surfaces and vegetation and always try to preserve the environment for future uses. Try not to disturb wildlife or habitat.

Yield
Yield to slower moving traffic: cyclists to pedestrians, joggers to walkers. Move off to the side of trail for less mobile users.

Share The Responsibility
The inter-linking system of multi-use trails in the River Valley provides opportunities for all. Help teach each other proper trail etiquette, lead by example. Remember, others will be judged by your actions.

Earphone Dangers
Earphones are dangerous to both you and other trail users.

Trail Impact
Avoid other user trail lines. For example avoid walking on ski trails. Stay on trails and practice minimum impact. Do not cut or forge new trails.

Orderly Fashion
Groups of users should not span more than half of the trail width so others may pass.

Control Your Pet
Keep animals leashed in areas requiring leashes. Please restrain animals near other users and wildlife on trails.

CYCLISTS
Be Courteous — Signal Others
Make contact with others pleasantly, no matter how brief. Always make the first move to avoid conflicts. Inform others of what you are doing.

Ride Appropriately
If your speed or style endangers other users check for alternative routes better suited to your needs. Selecting the right location is safer and more enjoyable for all concerned. Use caution on hills, underfoot bridges, and especially when pathways are busy.

Observe
Honor and respect all trail closure signs, seasonal and permanent. Observe all bylaws and regulations concerning trails.

Be Aware
Check ahead and behind, left and right, before crossing or merging with trails. Move completely off pathways when stopping so no conflicts occur.

IN LINE SKATERS
Note: It is illegal to skate on city streets or sidewalks.
Control
Always skate under control. Do not endanger others. Keep poles close to body when passing.

Wear The Gear
Including helmet, knee pads, elbow pads, and wrist guards.

Stay Clear
Stay away from water, oil, uneven surfaces, or debris on the trail.

Caution
Follow trail travel, passing and speed guidelines as per cyclists. Be aware of proper skating and braking techniques before going on trails.

HOW TO RIDE IN TRAFFIC

Obey Traffic Signs and Signals
In order to be taken seriously, cyclists must obey the rules of the road.

Never Ride Against Traffic
This is illegal and motorists aren't looking for cyclists on the wrong side of the road.

Use Hand Signals
Hand signals tell motorists what you intend to do. Signal as a matter of law, of courtesy, and of self-protection. In some right-turn situations, an outstretched right arm is more visible to those behind you.

Ride in a Straight Line
Whenever possible, ride in a straight line, to the right of traffic but at least a car door's width away from parked cars.

Don't Weave Between Parked Cars
Don't ride out to the curb between parked cars. Motorists may not see you when you try to move back into traffic.

Ride in Middle of Narrow Lane or When Traffic is Slow
The Highway Traffic Act Section 146(2) indicates a cyclist should ride as near as practicable to the right hand curb or edge of roadway. In narrow lanes or slow traffic it may be practicable to ride in the middle of the lane to be more visible.

Follow Lane Markings
Don't turn left from the right lane. Don't go straight through in a lane marked right-turn-only.

Chose Best Way to Turn Left
There are 2 ways to make a left turn: 1) Like an auto. Signal, move into the left lane, and turn left. 2) Like a pedestrian. Ride straight to the far crosswalk and walk your bike across.

Don't Pass on the Right
This is illegal and motorists, particularly buses and other large vehicles, may not look for or see a cyclist passing on the right.

Use Caution on Shared-Use Facilities
Where permitted by signs to use a sidewalk, always give right-of-way to pedestrians and always give audible warning of your approach. Be especially careful when re-entering the roadway.

Make Eye Contact with Drivers
Assume they don't see you until you are sure they do. Watch for cars pulling out.

Scan the Road Behind
Learn to look back over your shoulder without losing your balance or swerving left.

Avoid Road Hazards
Watch out for parallel-slat sewer grates, oily pavement, slippery manhole covers, painted lines, gravel and ice. Cross railroad tracks carefully at right angles. For better control, stand up on your pedals as you cross bumps.

Keep Both Hands Ready to Brake
You may not stop in time if you brake with one hand. Allow extra distance for stopping in the rain, since wet brakes are less efficient.

Watch for Chasing Dogs
Ignore them, or try a firm, loud 'No.' If the dog doesn't stop, dismount with your bike between you and the dog. Do not risk a collision with a dog, or with a vehicle while trying to avoid the dog.

Keep Bike in Good Repair
Adjust your bike to fit you, and keep it working properly. Routine maintenance is simple and you can learn to do it yourself.

Use Lights at Night
Use a strong headlight and red rear light, plus a red rear reflector at night. Wear a reflective vest and light colored clothes with reflective tape for extra visibility.

Use a Flag on Trailers
Trailers may be difficult for motorists to see. Use a red flag on the trailer at rider height to alert motorists to your presence.

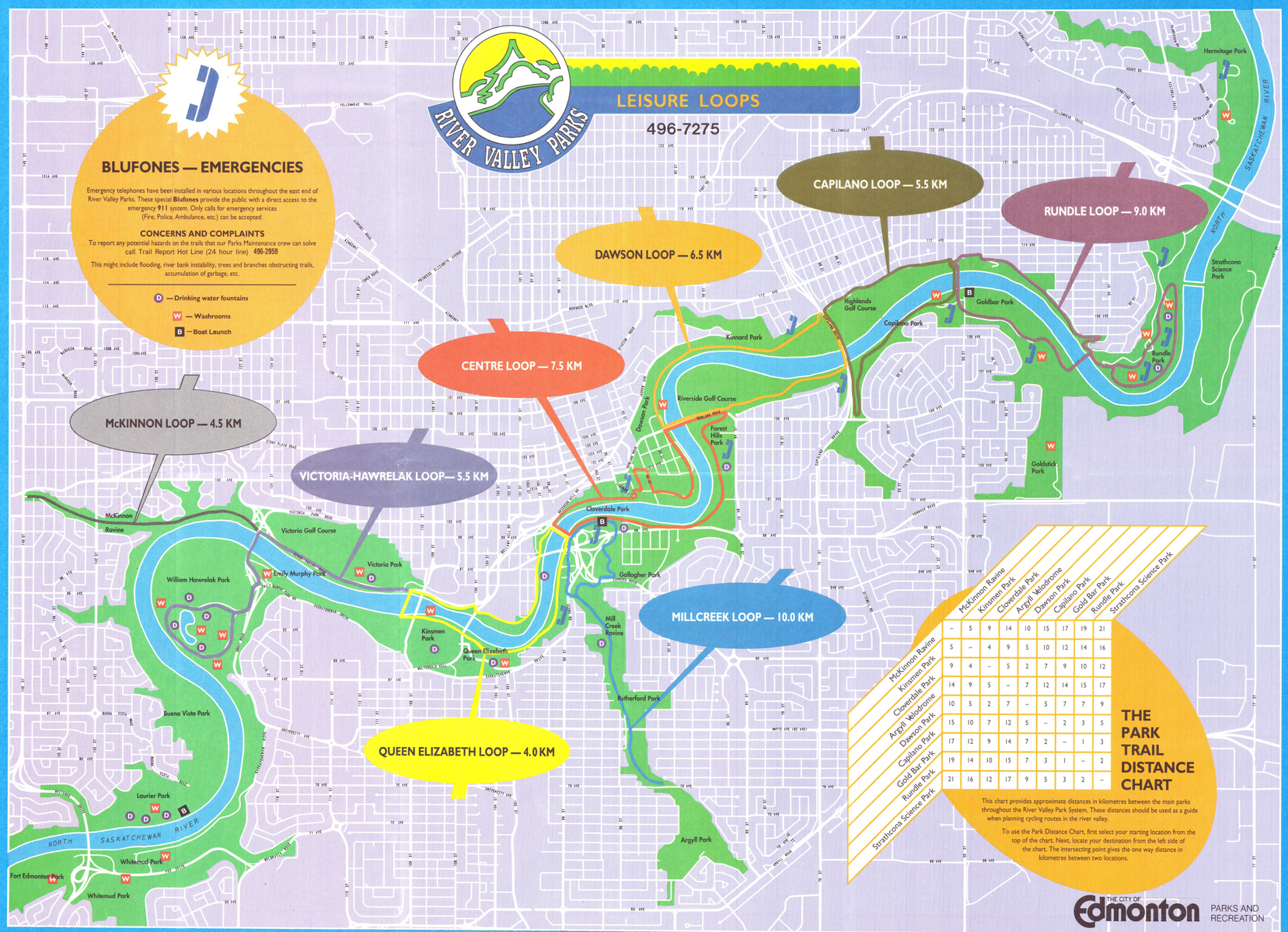
Warn others of your Approach
Use a bell to warn other cyclists and pedestrians of your approach. Move right when a bell is sounded behind you.

Dress Appropriately
In rain, wear a rain cape or rain coat and pants. Dress in layers for temperature changes, and wear a helmet with a hard outer shell and crushable foam lining.

Use Pack or Rack
Saddlebags, racks, baskets, small backpacks all are good ways to carry packages, freeing your hands for safe riding.

Never Wear Headphones when Riding
Being able to hear approaching traffic is an essential part of safe riding — listen up!

Lock Bike when You're Gone
Lock up to a bike rack or other immovable object, locking at least the frame and preferably one or both wheels to the rack with a U-lock or heavy chain and padlock. Keep a record of your bicycle's colour and serial number. Register your bicycle with the Edmonton Bicycle Commuters.


RIVER VALLEY PARKS
LEISURE LOOPS
496-7275
BLUFONES — EMERGENCIES
Emergency telephones have been installed in various locations throughout the east end of River Valley Parks. These special Blufones provide the public with a direct access to the emergency 911 system. Only calls for emergency services (Fire, Police, Ambulance, etc.) can be accepted.
CONCERNS AND COMPLAINTS
To report any potential hazards on the trails that our Parks Maintenance crew can solve call Trail Report Hot Line (24 hour line) 496-2959
This might include flooding, river bank instability, trees and branches obstructing trails, accumulation of garbage, etc.
D — Drinking water fountains
W — Washrooms
B — Boat Launch
CAPILANO LOOP — 5.5 KM
RUNDLE LOOP — 9.0 KM
DAWSON LOOP — 6.5 KM
CENTRE LOOP — 7.5 KM
McKINNON LOOP — 4.5 KM
VICTORIA-HAWRELAK LOOP— 5.5 KM
MILLCREEK LOOP — 10.0 KM
QUEEN ELIZABETH LOOP — 4.0 KM
Hermitage Park
SASKATCHEWAN RIVER
NORTH
Strathcona Science Park
Highlands Golf Course
Capilano Park
Goldbar Park
Kinnard Park
Rundle Park
Riverside Golf Course
Queen Mary Park
Forest Hills Park
Goldstick Park
Cloverdale Park
Gallagher Park
Mill Creek Ravine
McKinnon Ravine
Victoria Golf Course
Victoria Park
William Hawrelak Park
Emily Murphy Park
Kinsmen Park
Queen Elizabeth Park
Rutherford Park
Buena Vista Park
Laurier Park
Whitemud Park
Fort Edmonton Park
Argyll Park
THE PARK TRAIL DISTANCE CHART
This chart provides approximate distances in kilometres between the main parks throughout the River Valley Park System. These distances should be used as a guide when planning cycling routes in the river valley.
To use the Park Distance Chart, first select your starting location from the top of the chart. Next, locate your destination from the left side of the chart. The intersecting point gives the one way distance in kilometres between two locations.
THE CITY OF Edmonton PARKS AND RECREATION

	McKinnon Ravine	Kinsmen Park	Cloverdale Park	Argyll Velodrome	Dawson Park	Capilano Park	Gold Bar Park	Rundle Park	Strathcona Science Park
McKinnon Ravine	–	5	9	14	10	15	17	19	21
Kinsmen Park	5	–	4	9	5	10	12	14	16
Cloverdale Park	9	4	–	5	2	7	9	10	12
Argyll Velodrome	14	9	5	–	7	12	14	15	17
Dawson Park	10	5	2	7	–	5	7	7	9
Capilano Park	15	10	7	12	5	–	2	3	5
Gold Bar Park	17	12	9	14	7	2	–	1	3
Rundle Park	19	14	10	15	7	3	1	–	2
Strathcona Science Park	21	16	12	17	9	5	3	2	–

IT'S THE LAW

OBEY TRAFFIC SIGNS AND SIGNALS
As a vehicle you must obey all rules of the road. Cyclists have the same privileges and responsibilities as other vehicles.

SIGNS
Cyclists must be aware of and obey all signs on trails, especially those trails which are posted "Closed to bicycles." These closures are for the safety of the cyclist and other park users, or for the protection of wildlife and the environment.

ONE PERSON PER BIKE
Riding double is only permitted on a bicycle that is designed and equipped to handle two persons.

RIDE IN SINGLE FILE
Cyclists must ride single file, except when passing another vehicle.

EQUIP YOUR BIKE WISELY
The law states that bicycles must be equipped with adequate brakes and a warning device (horn, bell or gong).

KEEP YOUR BIKE IN GOOD REPAIR
Ensure your bike has functioning brakes, steering and gears. Adjust your bike to fit you properly. Remember, if a Police Officer feels a bicycle is unsafe he or she can have it removed from the road or trail until repairs are completed.

RING THAT BELL
Warn pedestrians of your approach. Pedestrians always have the right of way.

USE LIGHTS AT NIGHT
If you are going to operate a bicycle after dark it must be equipped with a headlight in the front and a red tail light and red rear reflector.

WEAR AN APPROVED CYCLING HELMET
Approved cycling helmets meeting ANSI, Snell and/or CSA standards are widely available. Head injuries result in over 75% of cyclist fatalities.
Helmets Save Lives.

BICYCLE LEGISLATION

HIGHWAY TRAFFIC ACT, SECTION 144, SUBSECTION (1):
- A person operating a bicycle on a street has all the rights and is subject to all the duties that a driver of a motor vehicle has.

CITY OF EDMONTON TRAFFIC BYLAW #5590
Cyclist are not allowed to ride their bicycle on City sidewalks unless so designated.

Where riding on a sidewalk or in a crosswalk, a cyclist must:
- Yield right-of-way to pedestrians
- When passing a pedestrian, use the care and control required to ensure the safety of the pedestrian.
- Give an audible signal before overtaking a pedestrian, which signal will be produced a reasonable time prior to overtaking, by voice, bell or other warning device which is audible to the pedestrian.
- Yield the right-of-way to any vehicle on a street which crosses a Class 1 bikeway.

CITY OF EDMONTON PARKS AND RECREATION BYLAW #2202
- Every trail user shall yield the right-of-way to slower moving users.
- When a user wants to pass a slower moving user on a trail, the user shall use the care and control required to ensure the safety of the slower moving user.
- Every trail user shall give an audible signal before overtaking another user, which signal shall be produced a reasonable time prior to overtaking, by voice, bell or other warning device, which is audible to the other user.

UNIVERSITY OF ALBERTA CAMPUS
The University of Alberta has its own set of regulations and information for operating bicycles on campus. Call Campus Security at **492-5252** for more information.

TRAFFIC SIGNS

STOP / STOP / Proceed with caution — Obey all traffic lights.

STOP — Stop and put one foot on the ground at all STOP signs.

Give way to approaching traffic.

Proceed in this direction only. NEVER RIDE AGAINST THE TRAFFIC.

Do not enter.

Do not turn. It is illegal to do so.

PEDESTRIAN

Crosswalks
Whenever using a marked and/or signal controlled pedestrian crosswalk, cyclists must yield to pedestrians and vehicles.

Standard traffic signs permit or restrict the use of sidewalk facilities.

(use permitted)

(use prohibited)

(use prohibited)

This sign indicates that cyclists and pedestrians must share the walkway. Cyclists must yield to pedestrians.

This is one of the standard signs for Edmonton Bikeways. This sign directs cyclists along a designated bikeway route and cautions motorists that it is a preferred cycling route.

CYCLISTS DISMOUNT

Where there is a hazard or an obstruction along a bikeway, this sign may be posted to advise cyclists to dismount their bicycle and proceed on foot.

RIDE THE RAIL

BICYCLE TRAVEL ON THE LRT
Edmonton Transit customers are allowed to bring their bikes onto the middle doors of the LRT when paying regular fare. Children under age 16 who take bicycles on the LRT must pay the adult fare unless accompanied by an adult.

BICYCLE HOURS ON THE LRT
To avoid possible overcrowding during rush hours, bicycles are not allowed on the LRT Monday to Friday, from 7:30 am to 8:30 am and from 4:00 pm to 5:00 pm.

PUBLISHED BY THE CITY OF EDMONTON

cycle Edmonton

MAP, INFORMATION AND TRAIL GUIDE

Z Box 22-4

The City of Edmonton has published this map for cyclists to help them choose the best route according to their cycling abilities.

The classifications indicated should be used as a guide only. Cyclists should be prepared to make their own evaluation of the traffic on any street and the suitability of their chosen route.

REMEMBER
The cyclist has all the rights and duties of a driver of a motor vehicle. Your bike is the smallest vehicle on the road. Because of this motorists often have difficulty seeing you. Your safety depends on you. Make yourself visible and ride predictably. Always ride where motorists expect to see you. All the rules of the road also apply to the River Valley trails.

TRANSPORTATION AND STREETS DEPARTMENT
General Information Line **496-2604**
Roadway Trouble (24 hour line) **496-1700**
(potholes, gravel, glass)

COMMUNITY SERVICES DEPARTMENT
(River Valley Facilities)
Trail Report Hot Line (24 hour line) **496-2959**
General Information **496-7275**

For information on bicycle repairs and rental, check Edmonton Telephones Yellow Pages or call:
River Valley Outdoor Centre **496-7275**
(8 am – 5 pm Weekdays. Weekends and Hoidays closed)

DISTRIBUTED BY:

For free distribution only.

The City of Edmonton 1997

96.0529

CYCLING CONTACTS

EDMONTON BICYCLE COMMUTERS
Mandate is to improve conditions for the cycling commuter and to encourage the use of the bicycle as a mode of transportation. The Edmonton Bicycle Commuters offers a bicycle registration service and a bike repair facility. For more information call **433-2453**.

EDMONTON BICYCLE AND TOURING CLUB
Mandate is to bring together individuals who share an interest in cycle touring. For more information call **424-2453**.

ALBERTA BICYCLE ASSOCIATION
The Alberta Bicycle Association is a provincial body governing all forms of bicycle racing. It is affiliated with the national Canadian Cycling Association. For more information call **453-8518**.

EDUCATION CONTACTS

For further information on cycling education programs, please contact the following agencies:

- Edmonton Police Services (Traffic Education Unit) **421-3556**
- Edmonton Safety Council (Pedal Pushers) **462-7300**
- Edmonton Catholic Schools (Adventure Programs) **496-2966**
- Edmonton Public Schools (Bennett Centre) **468-1438**
- Alberta Transportation **427-8901**
- Alberta Motor Association **474-8785**
- Grey Nuns Hospital Bicycle Coalition **450-7312**
- Alberta Bicycle Educators **433-2453**